

**ABSTRACT OF THE DISCLOSURE UNDER 37 C.F.R. §1.72(b)**

A weightlifting apparatus consistent with certain embodiments of the present invention has a bar having a first and a second opposing end. A weight having a central aperture is dimensioned so that the bar can be passed through the aperture. The bar has an end cap having an outer dimension larger than that of the bar and the aperture, with the end cap being situated adjacent the first end of the bar. A clamp secures the weight to the bar adjacent the end cap. An aperture through the bar adjacent the second end of the bar is provided for either pivotal or direct attachment of the gripping plate. The gripping plate may be round, elliptical, continuously variable diameter, or irregular or other shapes. The gripping plate may be firm and flexible and have weights built into the plate itself.